



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



LEARN LIFE-SAVING SKILLS!

YMCA Lifeguard Certification Class

MEMBER: \$175 NON MEMBER: \$250

Recertification available with altered schedule for \$75
Price includes book and Adult/Pediatric Resuscitation Mask.

Session 1:

Monday, April 3rd 6-8:45pm
Thursday, April 6th 6-8:45pm
Saturday, April 8th 9am-3pm
Monday, April 10th 6-8:45pm
Thursday, April 13th 6-8:45pm
Saturday, April 15th 9am-3pm
Monday, April 17th 6-8:45pm
Thursday, April 20th 6-8:45pm

Session 2:

Monday, April 24th 6-8:45pm
Thursday, April 27th 6-8:45pm
Saturday, April 29th 9am-3pm
Monday, May 1st 6-8:45pm
Thursday, May 4th 6-8:45pm
Saturday, May 6th 10am-4pm
Monday, May 8th 6-8:45pm
Thursday, May 11th 6-8:45pm

Precourse Skills:

MUST BE ABLE TO DO ON FIRST DAY. NO EXCEPTIONS.

- 1) Must be able to swim 300 yds (12 lengths of the YMCA pool) continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both. Swimming on the back or side is not allowed.
- 2) Tread water for 2 minutes using legs only.
- 3) Complete a timed event within 1 min, 40 seconds. Students must swim 20 yards, execute a surface dive to retrieve a 10 lb object from the bottom of the pool, return to the surface and swim 20 yards to return to the starting point with the 10 lb object. Students should bring back the object with both hands holding the object and keeping their face at or above surface so they are able to get a breath.

Classes will take place at the YMCA of Morgan County. Attendance at all classes is mandatory.

Instructor: Keith Buetow

To register, or for more information, please call the YMCA of Morgan County at 765-342-6688.

YMCA OF MORGAN COUNTY
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Martinsville, IN 46151
765-342-6688
ymcamorgancounty.org